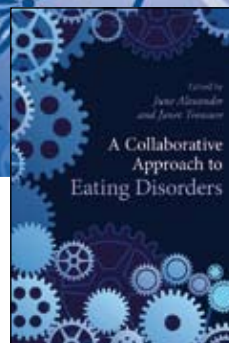
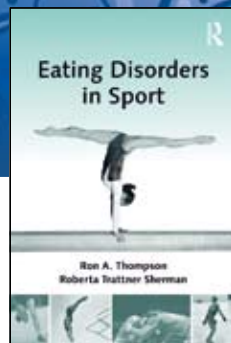
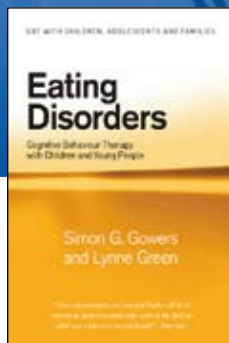
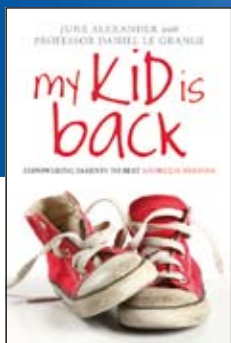


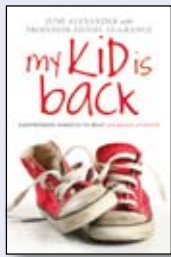
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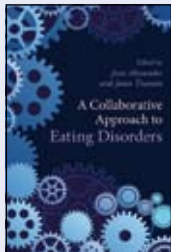
NEW BOOKS AND SELECTED BACKLIST



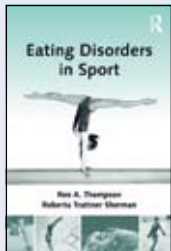
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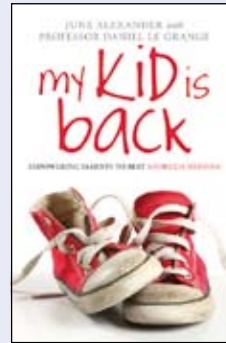
My Kid is Back
Empowering Parents to Beat Anorexia Nervosa
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 with Daniel Le Grange
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 Edited by June Alexander and Janet Treasure
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Eating Disorders in Sport
 Ron A. Thompson, and Roberta Trattner Sherman
 Page 4



Read and Recommend!
My Kid is Back
Empowering Parents to Beat Anorexia Nervosa

June Alexander, writer, Australia, with Daniel Le Grange, University of Chicago, USA

"My Kid is Back is packed with practical, helpful and inspiring information. It gives parents a powerful message of hope –

that recovery from an eating disorder is possible. Parents can feel overwhelmed when their child develops this most challenging illness. Knowing that there are ways they can help their child, and can play an active part in their recovery is so important." - Susan Ringwood, Chief Executive, Beat, UK

"Alexander and Le Grange have combined heart, history and healing in this thoughtful book. My Kid is Back should be required reading for any parent with the slightest suspicion that an eating disorder may be developing in their child. June Alexander's own testimonial should be a warning enough that families need to take action early and head on." - Lynn S. Grefe, National Eating Disorders Association (NEDA), USA

My Kid is Back explains how family-based treatment can greatly reduce the severity of anorexia nervosa in children and adolescents, allowing the sufferer to return to normal eating patterns, and their families to return to normal family life.

In this book ten families share their experiences of living with anorexia. Parents describe their frustrations in seeking help for their child and dealing with their behaviour and sufferers discuss how the illness gets into their mind and takes over their personality.

By focusing on the Maudsley family approach and expert advice from Professor Daniel Le Grange, and including clear lists of illness symptoms, strategies for parents and carers to follow, and information on getting further treatment and support, this book proves an essential resource for families who want to win the battle with anorexia nervosa.

CONTENTS: Introduction. *Le Grange*, Family-based Treatment of Adolescent Anorexia Nervosa: The Maudsley Approach. **Family Case Studies.** Chloe. Matthew. Kelly. Kristen. Hayley. Claire. Kylie. Billie. Annabelle. Alice. What Are Parents to Do? *Le Grange*, How to Tell if Your Child Has Anorexia Nervosa. Navigating the Search for Family-based Treatment. Appendix: Listing of Providers and Support Services.

February 2010: 272pp.
 Pb: 978-0-415-58115-8: £9.99/\$17.95

To find out more about June Alexander and her work please visit:
www.routledgeMentalHealth.com/my-kid-is-back

Eating Disorders Arena

Our Eating Disorders Arena is a subject-focused selection of our books and journals in Eating Disorders, allowing you to quickly and easily browse the subject area you're interested in. All of our books are available at a special **10% discount** if you order them from the Arena, with **free shipping** on orders to the US, Canada and UK if you spend more than \$35/£20.



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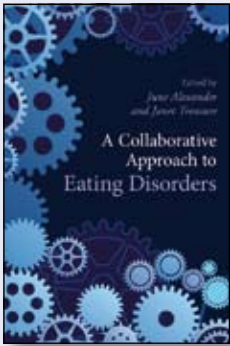
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Read and Recommend!

A Collaborative Approach to Eating Disorders

Edited by **June Alexander**, writer, Australia, and **Janet Treasure**, psychiatrist, Maudsley Hospital and King's College London, UK

While many aspects of eating disorders remain a mystery, there is growing evidence that collaboration is an essential element for treatment success. This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery.

A Collaborative Approach to Eating Disorders draws on up-to-date evidence based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and others.

With contributions from key figures in the field, this book will be a valuable resource for students and mental health professionals including nurses, family doctors, clinicians, dieticians, family therapists and social workers.

CONTENTS: *Katzman*, Foreword. **Part I: Understanding Risk and Resilience for Eating Disorders.** *Arnold*, Introduction. *Konstantellou, Campbell, Eisler*, The Family Context: Cause, Effect or Resource. *Treasure, Kanakam*, The Links Between Genes and the Environment in the Shaping of Personality. *Kaye, Bailer, Klabunde*, Neurobiology Explanations for Puzzling Behaviours. *Zucker, Moskovich, Vinson, Watson*, Emotion and Empathic Understanding: Capitalizing on Relationships in those with Eating Disorders. *Paxton*, Modifiable Risk Factors that can be Translated into Prevention or Resilience. *Dove, Byrne*, Obesity and Eating Disorders. **Part II: Treatment.** *Lyster-Mensh*, Introduction. *Birmingham*, Physical Effects of Eating Disorders. *Hart, Williams, Wakefield, Russell*, The Role of Nutrition. *David, Broft, Walsh*, Pharmacotherapy of Eating Disorders. *Wade, Watson*, Psychotherapies in Eating Disorders. *Hoste, Celio-Doyle, Le Grange*, Families as an Integral Part of the Treatment Team: Treatment Culture and Standard of Care Challenges. *Milstein, Arnold*, Effectively Engaging the Family in Treatment. *Goddard, Raenker, Treasure*, Involving Carers: A Skills-Based Learning Approach. *Evans, Waller*, The Therapeutic Relationship in Cognitive Behavioural Therapy for Adults with Eating Disorders. *Federici, Wisniewski*, Integrating Dialectical Behaviour Therapy and Family Based Treatment for Multidiagnostic Adolescent Patients. *Bulik, Baucom, Kirby*, Couples Therapy for Anorexia Nervosa. *Olmsted, Carter, Pike*, Relapse Prevention. **Part III: Clinical Presentations.** *van Furth*, Introduction. *Doyle, Smyth, Le Grange*, Childhood and Adulthood: When Do Eating Disorders Start and Do Treatments Differ? *Madden*, Recognising and Diagnosing Early Onset of Eating Disorders. *O'Toole*, Food Phobia and Functional Dysphagia. *Claudino, Morgan*, Unravelling Binge Eating Disorder. *Gilbert*, Eating Disorders in African American Women. *Sundgot-Borgen, Bratland-Sanda*, Eating Disorders and Athletes. *Morgan*, Male Eating Disorders. **Part IV: Changing the Culture.** *Vickery*, Introduction. *Von Ranson, Laverty*, Narrowing the Psychotherapy Research-practice Gap. *Ringwood*, Why Carers Need to Know about Research. *Grefe*, Promote Full Agenda of Rights. *Tantillo*, The Patient-Family-Clinician-Researcher Quest for Quality Care.

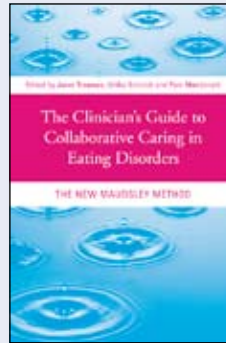
June 2011: 352pp.

Hb: 978-0-415-58145-5: £70.00/\$110.00

Pb: 978-0-415-58146-2: £29.99/\$46.95



ALSO BY JANET TREASURE



The Clinician's Guide to Collaborative Caring in Eating Disorders

The New Maudsley Method

Edited by **Janet Treasure**, and **Ulrike Schmidt**, both at Maudsley Hospital and Institute of Psychiatry, King's College London, UK, and **Pam Macdonald**, Institute of Psychiatry, Kings College London, UK

"This book is a valuable companion piece to Treasure et al.'s existing volume, providing useful information, resources and skills for clinicians. However, this book's biggest contribution is the way in which it stresses that clinicians should see the family as a resource (rather than a nuisance or an irrelevance)." - **Professor Glenn Waller**, Vincent Square Eating Disorders Service, CNWL NHS Foundation Trust, UK

The Clinician's Guide to Collaborative Caring in Eating Disorders shows how active collaboration between professional and non-professional carers can maximise the quality of life for both the sufferer and all other family members. The book provides straightforward guidance for clinicians who work with families and carers. It suggests ways of ensuring that interpersonal elements that can maintain eating disorders are minimised and indicates skills and knowledge that can be taught to the carer for both managing their personal reaction to the illness, and for providing a practically and emotionally supportive environment that is conducive to change.

2009: 304pp.

Hb: 978-0-415-48424-4: £65.00/\$110.00

Pb: 978-0-415-48425-1: £24.99/\$42.95



Treasure et al.: Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

Pb: 978-0-415-43158-3: 2007: 248pp. £13.50/\$24.95

Treasure: Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers

Pb: 978-0-86377-760-8: 1997: 176pp. £13.50/\$24.95

Treasure/Schmidt: Clinician's Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

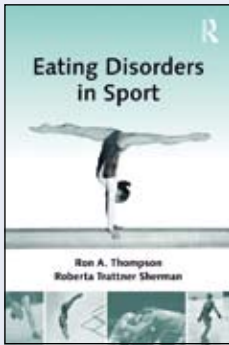
Hb: 978-0-86377-730-1: 1997: 240pp. £25.95/\$47.50

Schmidt/Treasure: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Pb: 978-0-86377-322-8: 1993: 160pp. £13.50/\$26.95



Read and Recommend!



Eating Disorders in Sport

Ron A. Thompson, and Roberta Trattner Sherman, both in private practice, Indiana, USA

"Thompson and Sherman have crafted the definitive opus on eating disorders and sport. Their review of the field is comprehensive, scholarly, and accessible. The wisdom they have earned through

decades of clinical experience is reflected in their deep respect for professionals in both the sports and health arenas." - **Cynthia M. Bulik**, University of North Carolina at Chapel Hill, USA

Over the past fifteen years, there has been a great increase in the knowledge of eating disorders in sport and effective means of treatment. In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders, and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes.

CONTENTS: Introduction. Eating Disorders: Clinical and Subclinical Conditions. Eating Disorders and Disordered Eating in Sport: A Review of the Literature. Risk Factors for the Development of Problem Eating. Identification of Eating Disorders and Related Conditions. Management of Eating Problems in the Sport Environment. Treatment Issues. Medical Considerations. Prevention and Education.

January 2010: 300pp.

Hb: 978-0-415-99836-9: £28.00/\$49.95

New Edition!

Nutrition Counseling in the Treatment of Eating Disorders

Second Edition

Marcia Herrin, Dartmouth Medical School, New Hampshire, USA

In the first edition of *Nutrition Counseling in the Treatment of Eating Disorders*, Marcia Herrin educated nutritionists, psychotherapists, cognitive behaviorists, psychiatrists, physicians, and primary care providers about clinically-sound nutrition treatment and provided the opportunity to expand their treatment approaches.

In this second edition, Herrin still devotes sections to nutrition counseling, nutrition interventions and food, exercise, and weight management while detailing relevant nutritional and biological facts, assessment and counseling techniques, and prescription of a food plan. Included in this revised edition is the incorporation of the new Maudsley-inspired nutrition treatment technique she has pioneered for the last ten years. Using this approach, Herrin teaches families to take charge of their child's eating through a "coached family meal," and provides professionals with the skills to completely manage a coached meal and other Maudsley techniques.

January 2012: 256pp.

Hb: 978-0-415-87103-7: £23.50/\$42.50

Forthcoming!

New Ideas about Eating Disorders Human Emotions and the Hunger Drive

Charles Stewart, in private practice, California, USA

In this book, Charles Stewart discusses how the positive affects of the life instinct such as interest and joy, and the crisis affects such as fear, anguish, rage, shame and contempt; can contribute to the development of attitudes towards food, causing either positive or negative eating patterns.

New Ideas about Eating Disorders presents case studies of individuals from infancy to adulthood who have suffered from eating disorders, as well as clinical research, to provide a new theory on the aetiology of eating disorders, and in turn new suggestions for treatment and prevention.

July 2011: 184pp.

Hb: 978-0-415-55469-5: £60.00/\$99.00

Pb: 978-0-415-55470-1: £21.99/\$34.95



Critical Feminist Approaches to Eating Dis/Orders

Edited by **Helen Malson**, University of the West of England, Bristol, UK, and **Maree Burns**, Eating Difficulties Education Network, New Zealand

Over the past decade there have been significant shifts both in feminist approaches to the field of eating disorders and in the ways in which gender, bodies, body weight, body

management and food are understood, represented and regulated within the dominant cultural milieus of the early twenty-first century.

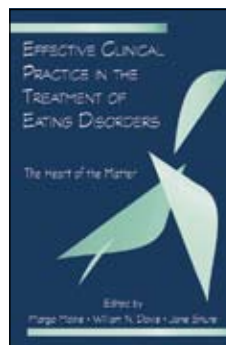
Critical Feminist Approaches to Eating Dis/Orders addresses these developments, exploring how eating disordered subjectivities, experiences and body management practices are theorised and researched within postmodern and post-structuralist feminist frameworks.

2009: 280pp.

Hb: 978-0-415-41811-9: £45.00/\$80.00

Pb: 978-0-415-41810-2: £15.95/\$28.95

e-Examination copy available



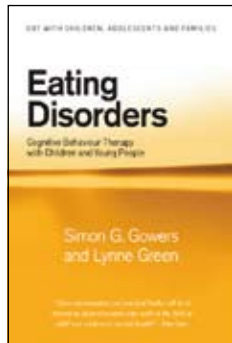
Effective Clinical Practice in the Treatment of Eating Disorders The Heart of the Matter

Edited by **Margo Maine**, clinical psychologist, USA, **William N. Davis**, in private practice, New York and Pennsylvania, USA, and **Jane Shure**, Kripalu Center in Lenox, Massachusetts, USA

"A goldmine of clinical pearls, offering a bird's eye view into treatment philosophy and implementation from a feminist perspective... I recommend this book to any clinicians treating women with eating disorders." - **Kimberly Dennis**, Medical Director, Timberline Knolls Residential Treatment Center, Illinois, USA

This book is the first to address what really happens behind closed doors during eating disorders treatment, as most writing has only addressed theoretical approaches and behavioral strategies. The field has long needed a book that describes the heart of the matter: the therapeutic interventions and interactions that comprise life-changing treatment for this life-threatening disorder. In response to this need, the authors have created a book that reflects the individual therapeutic skills and the collective wisdom of senior clinicians, all of whom have years of experience treating anorexia, bulimia, and binge eating disorder.

2008: 288pp.
Hb: 978-0-415-96461-6: £24.95/\$39.95



Eating Disorders Cognitive Behaviour Therapy with Children and Young People

Simon G. Gowers, University of Liverpool, UK, and **Lynne Green**, Cheshire and Merseyside Eating Disorders Service for Adolescents, UK

"This book offers a great deal of useful advice for any child and adolescent mental health professional working with children and

adolescents who have eating disorders... I would strongly recommend this book to all child and adolescent mental health professionals working with young people with eating disorders." - **David Rothery**, *British Journal of Psychiatry*

In this book, Simon Gowers and Lynne Green bring together up-to-date research, clinical examples and useful tips to guide practitioners in working with young people, as well as helping families of children and adolescents to deal with their difficulties. *Eating Disorders* provides the clinician with an introduction about how CBT can be used to challenge beliefs about control, restraint, weight and shape, allowing young people to manage their eating disorder.

SELECTED CONTENTS: Part I: Introduction. Part II: Preparing for Therapy. Part III: A CBT Treatment Programme. Part IV: Applications and Challenges.

2009: 200pp.
Hb: 978-0-415-44462-0: £55.00/\$95.00
Pb: 978-0-415-44463-7: £19.99/\$34.95

Series: *CBT with Children, Adolescents and Families*

www.routledge mentalhealth.com/cbt-with-children

FROM **BRYAN LASK**
AND **RACHEL BRYANT-WAUGH**



Eating Disorders in Childhood and Adolescence

Third Edition

Hb: 978-0-415-39457-4: 2007: 424pp. £65.00/\$120.00
Pb: 978-0-415-42589-6: 2007: 424pp. £23.95/\$42.50

Eating Disorders A Parents' Guide

Revised Edition

Pb: 978-1-58391-860-9: 2004: 192pp. £9.99/\$18.00

Forthcoming!

Psychosocial Assessment and Treatment of Bariatric Surgery Patients

James E. Mitchell, University of North Dakota, USA, and **Martina de Zwaan**, University of Erlangen-Nuremberg, Germany

With contributions from worldwide leaders in the field of bariatric surgery, *Psychosocial Assessment and Treatment of Bariatric Surgery Patients* provides an up-to-date source of information regarding psychosocial issues in the assessment and treatment of bariatric surgery patients. It is comprehensive in scope and includes background information about bariatric surgery procedures, assessment of candidates (both by clinical interview and the use of structured interviews and self-report), a review of psychosocial and eating problems that occur pre- and post-operatively, and a review of both nutritional issues and exercise issues for evaluators and treatment providers. Unique chapters include a chapter on psychopharmacological agents and a chapter on assessment of special issues in adolescents, who increasingly are the target of bariatric surgery procedures. **December 2011: 304pp.**

Hb: 978-0-415-89219-3: £21.99/\$34.95

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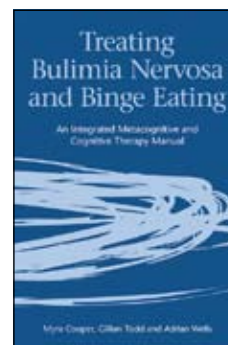
**ALSO BY JAMES E. MITCHELL
AND MARTINA DE ZWAAN**



Bariatric Surgery A Guide for Mental Health Professionals

Edited by **James E. Mitchell**,
and **Martina de Zwaan**

Hb: 978-0-415-94966-8: 2005: 184pp. £32.50/\$49.95



Treating Bulimia Nervosa and Binge Eating

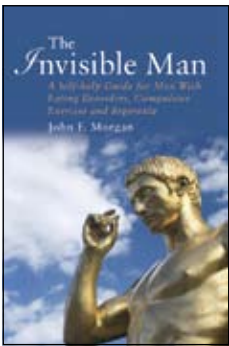
**An Integrated Metacognitive
and Cognitive Therapy Manual**

Myra Cooper, University of Oxford, UK, **Gillian Todd**, University of Cambridge, UK, and **Adrian Wells**, University of Manchester, UK

"Treating Bulimia Nervosa and Binge Eating is an excellent, practical handbook for clinicians in helping their patients overcome bulimia nervosa... This is an important contribution to helping us overcome a difficult clinical problem." - **Robert L. Leahy**, Director, American Institute for Cognitive Therapy, USA

Treating Bulimia Nervosa and Binge Eating explains how cognitive therapy can be used to treat those suffering from bulimia nervosa. The manual provides a step-by-step treatment guide, incorporating a number of case examples offering detailed explanations of the treatment process, questionnaires, worksheets and practical exercises for the client, which will provide a framework and focus for therapy.

2008: 264pp.
Hb: 978-1-58391-944-6: £65.00/\$120.00
Pb: 978-1-58391-945-3: £23.95/\$42.50



The Invisible Man

A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia

John F. Morgan, Yorkshire Centre for Eating Disorders, Leeds, UK

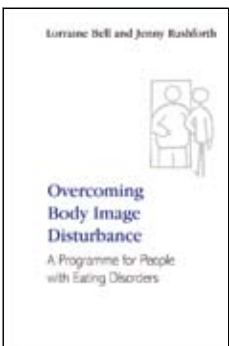
The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders

and body image problems. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, this book provides help to all men with body image disorders, as well as families and professionals involved in their care.

2008: 184pp.

Hb: 978-1-58391-149-5: £60.00/\$110.00

Pb: 978-1-58391-150-1: £13.50/\$24.95



Overcoming Body Image Disturbance

A Programme for People with Eating Disorders

Lorraine Bell, and **Jenny Rushforth**, both at Hampshire Partnership Trust, UK

"A clear, simple treatment manual which contains useful handouts and assessment tools." - **Janet Treasure**, Maudsley Hospital and King's College London, UK

People with eating disorders often exhibit serious misconceptions about their own body image. *Overcoming Body Image Disturbance* provides a treatment programme (piloted by the authors) for people with eating disorders who have a negative body image. The manual offers advice for therapists, enabling them to deliver the programme, as well as practical guidance for the sufferer, encouraging them to learn the appropriate skills to change their attitude towards their body.

2008: 160pp.

Pb: 978-0-415-42330-4: £23.95/\$42.50

Workbook resources can be downloaded FREE of charge by purchasers of the print version, please visit:

www.routledge.com/overcoming-body-image-disturbance



New!

Under the Skin

A Psychoanalytic Study of Body Modification

Alessandra Lemma, Tavistock and Portman NHS Foundation Trust, London, UK

Under the Skin considers the motivation behind why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic

perspective. It discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically necessary, regardless of whether the process of modification causes pain.

In this book, psychoanalyst Alessandra Lemma draws on her work in the consulting room, as well as films, fiction, art and clinical research to suggest that the motivation for extensively modifying the surface of the body, and being excessively preoccupied with its appearance, comes from the person's internal world – under their skin.

CONTENTS: The Body as Canvas. As You Desire Me. The Symptom of Ugliness Mirrors. Being Seen or Being Watched. Occupied Territories and Foreign Parts: Reclaiming the Body. Copies Without Originals: Envy and the Maternal Body. The Botoxing of Experience. Ink, Holes and Scars. An Order of Pure Decision.

February 2010: 216pp.

Hb: 978-0-415-48569-2: £60.00/\$99.00

Pb: 978-0-415-48570-8: £21.99/\$34.95

BACKLIST BOOKS

Grilo: Eating and Weight Disorders

Hb: 978-1-84169-547-1: 2006: 256pp. £47.50/\$85.00

Pb: 978-1-84169-548-8: 2006: 256pp. £16.50/\$29.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press

www.psypress.com/clinicalmodular

Gentile: Creating Bodies: Eating Disorders as Self-Destructive Survival

Pb: 978-0-88163-438-9: 2006: 216pp. £26.50/\$39.95

Relational Perspectives Book Series

www.routledge.com/relational-perspectives

Albers: Mindful Eating 101: A Guide to Healthy Eating in College and Beyond

Pb: 978-0-415-95093-0: 2005: 208pp. £14.95/\$18.00

Logue: The Psychology of Eating and Drinking, Third Edition

Hb: 978-0-415-95008-4: 2004: 376pp. £60.00/\$95.00

Pb: 978-0-415-95009-1: 2004: 376pp. £19.95/\$32.50

Examination copy available

Matz/Frankel: Beyond a Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating

Hb: 978-0-415-94609-4: 2004: 424pp. £24.99/\$37.50

Costin: Your Dieting Daughter... Is She Dying for Attention?

Pb: 978-0-87630-836-3: 1996: 240pp. £17.95/\$24.95

Crisp: Anorexia Nervosa: Patient's Log Book

Pb: 978-0-86377-407-2: 1995: 128pp. £13.50/\$25.00

Crisp: Anorexia Nervosa: Let Me Be

Pb: 978-0-86377-383-9: 1995: 208pp. £13.50/\$25.00

Crisp et al.: Anorexia Nervosa: The Wish to Change, Second Edition

Pb: 978-0-86377-408-9: 1996: 112pp. £13.50/\$25.00

Anorexia Nervosa – Clinician's Pack

This package includes one copy of *Guidelines for Assessment and Treatment in Primary and Secondary Care*, *The Wish to Change*, and *Patient's Log Book*.

Pb: 978-0-86377-412-6: 1996: £25.95/\$47.50

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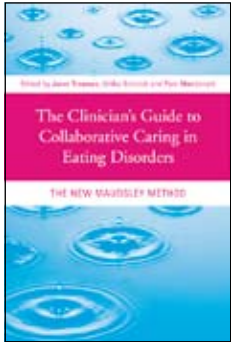
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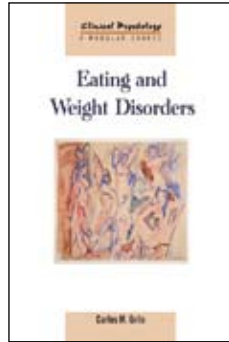
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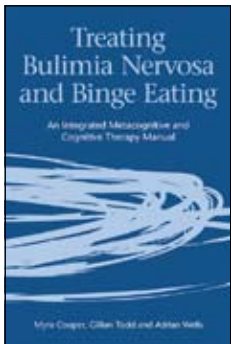
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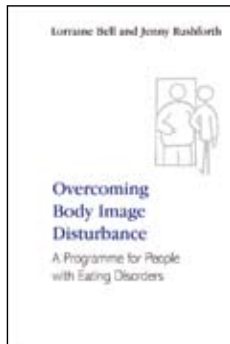
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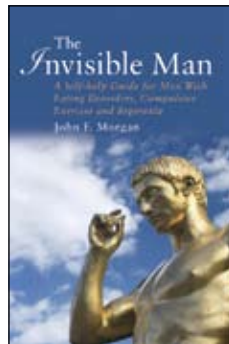
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